



# The Journal

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June 6, 2013

## Commander's Cup Competitions Underway



Photo by Bernard S. Little

**Teams reach for balls to begin a dodge ball match Monday in Building 17's fitness center, during the Commander's Cup competition being held all this week at Walter Reed Bethesda. Teams are competing in various athletic events to see who takes home the Commander's Cup trophy this year. Tomorrow's tug-of-war event at 11 a.m., concludes the competition, with the trophy to be awarded afterwards.**

**By Bernard S. Little**  
**WRNMMC Journal**  
**staff writer**

The 2013 Commander's Cup at Walter Reed Bethesda began Monday with weightlifting and dodge ball, and continues throughout this week, culminating with the tug-of-war tomorrow at 11 a.m. in front of the Tower (Building 1). The Commander's Cup trophy will be awarded to the winning team following the tug-of-war.

Today, teams will compete in volleyball at 10:30 a.m., in the Building 17 gymnasium, and flag football at

the Fort Detrick, Md., Forest Glen Annex at 1 p.m.

Other competitions held for teams vying for the trophy included softball, three-on-three basketball, soccer, bowling, swimming and ultimate Frisbee.

"The purpose for the Commander's Cup is to actively involve all members of the of Walter Reed National Military Medical Center, Naval Support Activity Bethesda and surrounding commands on this campus, including the Joint Task Force National Capital Region Medical Command and Uniformed Services University," explained Chief Hos-

pital Corpsman Derek Eaton, lead organizer for the event. "The Commander's Cup is a way of building teamwork and increasing morale on base," he added.

Twenty-one teams are participating in this year's Commander's Cup, Eaton said. In addition to military members of all ranks and services, civilians and contractors are also participating as team members.

"This is for everyone," said the chief who explained last years event participants were from primarily the medical center and this year participation was expanded to the entire base.

Teams earn points based on how

they finish each event, with winners earning 25 points, second-place, 15 points, and third place, 10 points. "All participants will receive five points just for signing up," Eaton continued.

The team accumulating the most points will earn the the Commander's Cup trophy to keep for the year, and an opportunity to defend it at next year's competition. "[The winners] have bragging rights for one year as being 'the best,'" Eaton said.

"The tug-of-war is the last event and the winner will receive 50

See **COMPETITION** page 10



# Chaplain's Corner

Part of being a parent is coming to a point where you know you have raised your children to the best of your ability and then letting your children go when it is time. The most difficult times are when we know that some of their choices may leave them hurting or in a difficult situation.

As we approach Father's Day I am reminded of the parable of the Prodigal Son found in Christian scripture. Recently, I read a book entitled "The Return of the Prodigal Son" by Henri J. M. Nouwen. This man studied the painting by Rembrandt we may be familiar with, providing incredible insights.

We would like to always be around to protect our children. We may want to warn them about the many dangers they may be facing or convince them that there is warmth and fulfillment with family that care for them. Maybe we want to hold them back so they won't get hurt. This may sound a little strange but the truth is, love for a child is too great for that. Nouwen wrote concerning God's love for us, "But his love cannot force, constrain, push or pull. It offers the freedom to reject that love or to love in return. God, the creator of heaven and earth, has cho-



sen to be first and foremost a Father."

Freedom has been granted to us. We are free to love, to leave home, even to go off to a distant country or to put it another way, leave the values we have known and that have kept us. Our father is driven by love and compassion, wanting us to enjoy His presence and affection.

The only authority He takes in our lives is that of compassion. When we hurt, He hurts. Did you ever hear your parents say, "This is going to hurt me more than it hurts you! I'm only correcting you because I love you." Personally, I wished my parents would love on my brothers a little more. We are made in His image so He feels all the hurt we cause ourselves through greed, anger, lust, jealousy and vengeance. This is the type of Father I can appreciate, one who opens His arms offering blessing, hoping that we will return as Nouwen so eloquently puts it, "So that He can speak words of love to them and let his tired arms rest on their shoulders."

**Cmdr. Barry A. Metzger**  
**Assistant Department Chief**  
**Walter Reed National**  
**Military Medical Center**

## Bethesda Notebook

### Caribbean American Heritage Month

The Bethesda Multicultural Committee will host a Caribbean American Heritage celebration today from 11:30 a.m. to 12:30 p.m. in the America Building atrium. The celebration will include a limbo contest, Salsa dancing demonstration, steel drum band, and Jamaican food samples. For more information, call Sgt. 1st Class Jason Zielske at 301-400-3542.

### Music, PTSD

As part of Walter Reed Bethesda's Stages of Healing, a program focusing on music therapy and post-traumatic stress disorder in veterans will be held tomorrow at noon in Clark Auditorium. Monday at noon in the America Building lobby, singer/guitarist Stephen Kellogg performs. Tuesday at noon in the America Building lobby, singer and musician Patty Reese performs. For more information about Stages of Healing, call Dr. Micah Sickel at 301-295-2492.

### Prostate Cancer Support Group

The Walter Reed National Military Medical Center Prostate Cancer Support Group meets twice on June 22 in the River Conference Room, third floor of the America Building (Building 19) adjacent to the Center for Prostate Disease Research. The day session is from 1 to 2 p.m., and the evening session is from 6:30 to 7:30 p.m. For more information, contact Vin McDonald at 703-643-2658 or email [vpmjam@aol.com](mailto:vpmjam@aol.com).

### Resiliency Week

Resiliency Week at Walter Reed Bethesda is June 17-21. Topics to be discussed during the event include: Resiliency and Psychological Health Service; Addiction Treatment Services; Integrated Health Services and Outpatient Clinical Nutrition Services; Resiliency and Psychological Health Service Physical; Resiliency and Psychological Health Services activities and Fleet and Family Support Center services; Employee Assistance Program and Preventive Medicine; Pastoral and Reiki services; and a staff talent show. For more information, call Army Lt. Col. Brett J. Schneider at 301-295-8737.

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# Military Physician Discusses Facing Cancer, War

By Sharon Renee Taylor  
WRNMMC Journal  
staff writer

Nearly 40 years after the Yom Kippur War was fought, retired Navy Cmdr. Itzhak Brook, a physician and professor, continues to help others heal from the trauma of war and cancer.

The cancer survivor and veteran of two wars spoke about the similarities between the two, discussed the psychological challenges and shared his personal experience during a Stages of Healing presentation at Walter Reed National Military Medical Center (WRNMMC), May 22.

Brook's first war in uniform was the Six-Day War between Egypt and Israel in 1967. A Soldier finishing up medical school at the time, the Israeli Army assigned him to work in an emergency room. Brook said his biggest challenge was to help soldiers deal with anxiety and fear. They came to him with confessions of how scared they were of the war, and asked him for medication to deal with their fear.

"It was very, very scary," Brook said. "I, too, was afraid," he admitted. "I have never felt fear like that before in my life." The physician said in a "macho" society like Israel, "No one admits fear. Fear is not normal; [if you are afraid you] must be crazy."

If you're afraid, you can freeze, runaway, or take out your enemy,



Photo by Sharon Renee Taylor

**Retired U.S. Navy Capt. Itzhak Brook, left, shares his personal experience with war and throat cancer during a Stages of Healing lecture May 22, to help others heal from the trauma of war and cancer. The physician, right, was a 32-year-old lieutenant in the Israeli Army in 1972.**

said Brook, a former paratrooper. He then explained he gave his patients two choices: to stay or go. All chose to stay but one, according to the physician. He said his biggest contribution to the war, Soldiers and his patients was to tell them, "It's okay to be afraid."

Brook faced war for a second time in 1973 during the Yom Kippur War as a 32-year-old lieutenant in the Israeli Army as a father of two young children. During this conflict between Israel and Egypt, the nuclear superpowers that supported the two, the U.S. and Soviet Union respectively, nearly came to blows.

In times of pressure, people turn to religion, Brook said. Religion played



Courtesy Photo

a major role in dealing with fear in the Yom Kippur War, he explained. "Every day I saw more people praying." According to the physician, two of the most religious medics in his unit, "were more active and fearless than anybody else. They said, 'We have nothing to fear.'"

Egypt lost a reported 18,500 service members in the Yom Kippur War; Israel lost 2,800. Brook was determined to stay alive, and told himself, "I'm really not ready to die, yet." He remained with his unit 16 hours after he sustained a shrapnel injury to his leg and a broken bone near his eye.

When he was evacuated by helicopter, the former paratrooper said

he experienced a mixed feeling of relief and a tremendous amount of guilt, "What many [service members] may feel when they leave their friends behind."

Seven years after the Yom Kippur War ended, the physician joined the U.S. Navy, and retired 27 years later as a commander. "I enjoyed every day of it," Brook said. "I realized [I was] fighting the same cause, just in a different uniform."

He was 65 when doctors at the former National Naval Medical Center in Bethesda diagnosed him with throat cancer that claimed his voice box. Brook said the Yom Kippur War and his fight against cancer were two situations in which he was unsure if he would live. The physician likened three similarities between cancer and war: the lack of control in the situation, fear of the future, and a greater appreciation for life.

Using a voice prosthesis, Brooks now lectures groups around the country, and offers advice to other survivors of trauma. Talk about it, go to counseling, join a support group, write - get your feelings out, he urged.

"I have a voice disability. Try to make something good out of the tragedy in your own way," said Brook, who returned to work as a patient advocate and lets the pages of his book speak for him, "My Voice:

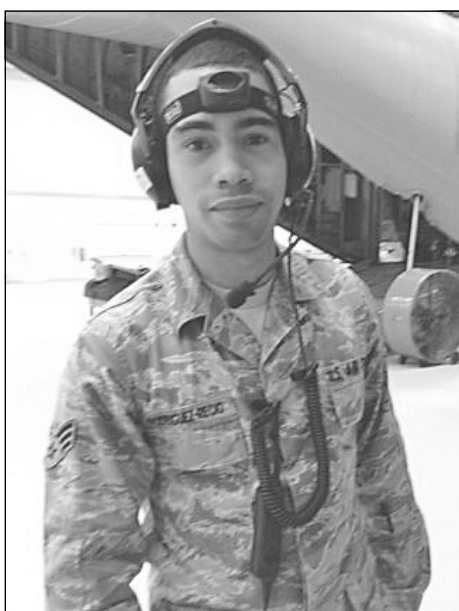
See **PHYSICIAN** page 9

## Airman Earns Air Force Award as One of its Top Medics

By Bernard S. Little  
WRNMMC Journal staff writer

An Airman in cardiopulmonary laboratory at Walter Reed National Military Medical Center (WRNMMC) was recently named one of the Air Force's top medics.

Senior Airman Maiky J. Rodriguez-Recio earned the Cardiopulmonary Laboratory Airman of the Year honor in the Air Force Medical Service Annual Award competition. Officials from the Air Force Surgeon General's Medical Force Development Directorate made the announcement in February with other honorees from the Air Force Medical Service Awards Program (AFMSAP). The program "recognizes individuals and teams whose outstanding actions improve the delivery of health care and contribute to expeditionary medical operations for [military personnel and other beneficiaries] worldwide, [as well as] acknowledges sustained superior job performance, innovative operations, and exceptional teamwork," according to Air Force Instruction 36-2856, which governs the program.



Courtesy Photo

**Senior Airman Maiky J. Rodriguez-Recio**

Rodriguez-Recio, who trained as a cardiopulmonary technician, is assigned to the 79th Medical Wing, a tenant of Joint Base Andrews, Md and currently works in the cardiopulmonary lab at WRNMMC.

According to Melanie Moore, 79th

MDW public affairs officer, the 79th MDW, "is fully engaged with Joint Task Force National Capital Region Medical in planning and delivery of integrated world-class health care." Rodriguez-Recio is part of that integrated delivery of health care team.

"I am trained to work as a cardiology technician and conduct cardiac stress tests and cardiac sonograms among other things, but I am also trained as a pulmonary technician and able to perform pulmonary function tests," the senior airman explained. He added he's also trained to administer the bronchial challenge test, the methacholine challenge, and to assist in the diagnosis of asthma.

"My deployable skill is [as] a respiratory therapist," Rodriguez-Recio added, explaining this encompasses managing the airways and respiratory systems of patients, as well as providing care for patients who need mechanical ventilation.

"It's a very demanding and complex job, but it's truly amazing as you become proficient in all of its areas," he said.

Rodriguez-Recio attended high

school in his native Dominican Republic, and completed his associate's degree in New York before deciding it was time for him "to chase a dream," so he joined the Air Force two-and-a-half years ago.

"Being in the military was something I wanted to do since high school," he explained. "I like the organization of military life and the sense of self-empowerment that being a part of the force offers. I also wanted a way to advance my professional life, and that is why I joined the U.S. Air Force - they are really encouraging regarding your professional education."

In the Air Force, the senior airman explained his job has not only allowed him to increase his knowledge, but has also been enjoyable and rewarding.

"I really enjoy diagnostic cardiology because it presents me with a puzzle," he said. "To me, the heart is really intriguing and I get excited about doing cardiac stress tests and cardiac sonograms because I am

See **AWARD** page 9



# NSAB Housing Office Aims to Help All Branches of Service

By Mass Communication  
Specialist 3rd Class  
Brandon Williams-Church  
NSAB Public Affairs  
staff writer

Life has its bare essentials like food, water and shelter. While the commissary can help service members with food and water, Navy Housing Service Center (NHSC) can provide assistance with shelter.

The NHSC aims to be the "one stop shop" for all things related to housing for all service members at Naval Support Activity Bethesda (NSAB).

They house service members in the barracks, help them find privatized housing and aid with any housing questions.

Ismael Hernandez, director of housing for NSAB, said as a referral program, the housing office is dedicated to giving assistance that's 100 percent beneficial to service members. They partner with landlords in the surrounding area to negotiate a memo of understanding for rent that does not exceed the service member's basic allowance for housing (BAH). Within those terms of the lease are options such as no down payments, utilities included or a military clause.

From the moment a customer walks through the door, the housing



Courtesy Photo

office aims to guide them through the process of finding a place they can call their own, said Hernandez.

"From [the beginning], we call the privatized housing partners and set them up with an appointment," he said. "We send them out there to see the house and inspect it to see how the commute is and walk them through the whole process if need be. If a service member contacts us by our website, we send them a package that includes everything from referrals and single homes to apartments. Most of the time they will send us a

little background on whether they are single or have a pet or looking for something close or looking for a three bedroom. So we send them information by email so they will know what to expect when they arrive."

The automated housing referral network is the main resource for the housing office that provides the lists of housing available for the service members.

"We have the bachelor's quarters which houses E-4 and below with under four years of service," said Hernandez. "We also have five flag houses and we have the referral and rental program, for single Sailors E-5 and above and married Sailors with their families."

The rental partnership program (RPP) is a program designed to assist active duty military with affordable housing.

"With the RPP, a service member will arrive from [their previous duty station] and look for a place to live," said Hernandez. "Most likely they'll have 10 days [temporary duty], which leaves us with limited time to find the service member shelter. The partnership program allows us to list all the properties available to move in. Within 10 days or so, we can get a Sailor into an apartment with a lease and everything established. If we don't get

them situated within that time frame, we will house them in the barracks until they get all their documents, BAH and allotments set up. We try to get them close to the metro, if they don't have any vehicles. We walk them through the whole process with their BAH and set up their allotment so their rent goes straight to their landlord and they don't have to worry about anything until they transfer. If anything happens, we will give them guidance, pick up the phone to call their landlord and ask them what we can do for this service member. We also review the lease to make sure it's accurate and legal."

Short-term leases are also available for service members who only need a temporary housing situation, Hernandez added.

Not every service member will know all of the steps it takes to attain the best housing available to them, so that's where the housing office steps in, said Hernandez.

"Our customers believe that this office is [strictly] Navy housing. This housing referral office serves all branches. We have the ability to communicate with their [senior enlisted advisor] and refer them to get what they need. We do everything we can do to make this a one stop shop for all branches."



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Susan S., USAA member

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**By Sarah Marshall**  
**WRNMMC *Journal***  
**staff writer**

A woman with short brown hair, smiling, is wearing a U.S. Air Force camouflage uniform. She is holding a brown paper bag with both hands. The bag has a handwritten address in black ink: "PO BOX 124", "Dix", "New York", "10814", "10814", "10814", "10814", "10814". Below the address is a small American flag sticker and a star sticker. The name "KOWSKI" is visible on the left chest of her uniform, and "U.S. AIR FORCE" is on the right chest.

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# Heroes Bowl with the Pros



**Jeffery Redman, part of the Wounded Warrior program at Naval Support Activity Bethesda (NSAB), throws a curve ball during the 'Heroes Bowl with the Pros' event at the NSAB bowling center Friday.**

**By Mass Communication Specialist 2nd Class Nathan Parde  
NSAB Public Affairs staff writer**

Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation Bowling Center invited wounded warriors to a 'Heroes Bowl with the Pros' event Friday.

More than 50 wounded warriors bowled in three sessions throughout the morning and afternoon while receiving tips from professional bowlers and coaches.

"We had coaching staff and professional bowlers who have won up to a dozen tournaments on tour, and who play for Team U.S.A.," said Bowling Center Manager, Adm. (Ret.) Noel Dysart. "It's probably one of the highest concentrations of [bowling] coaches (gold and silver) that you'll ever get in one place."

NSAB's Commanding Officer, Capt. Frederick Kass, frequently visits the bowling center and stopped by during the event for a few encouraging words, said Dysart.

"In Capt. Kass' words, the three R's -Recuperation, Rehabilitation and Restoration to society - are very important, and the bowling center can be a part of that," said Dysart. "It gives them something they are used to doing that helps bring them back into society."

He added wounded warriors are always very enthusiastic about the special events at the center.

"I have had many wounded warriors come and thank me after events like these," he said. "It's a great opportunity for them to bowl with their family, and they are very appreciative."

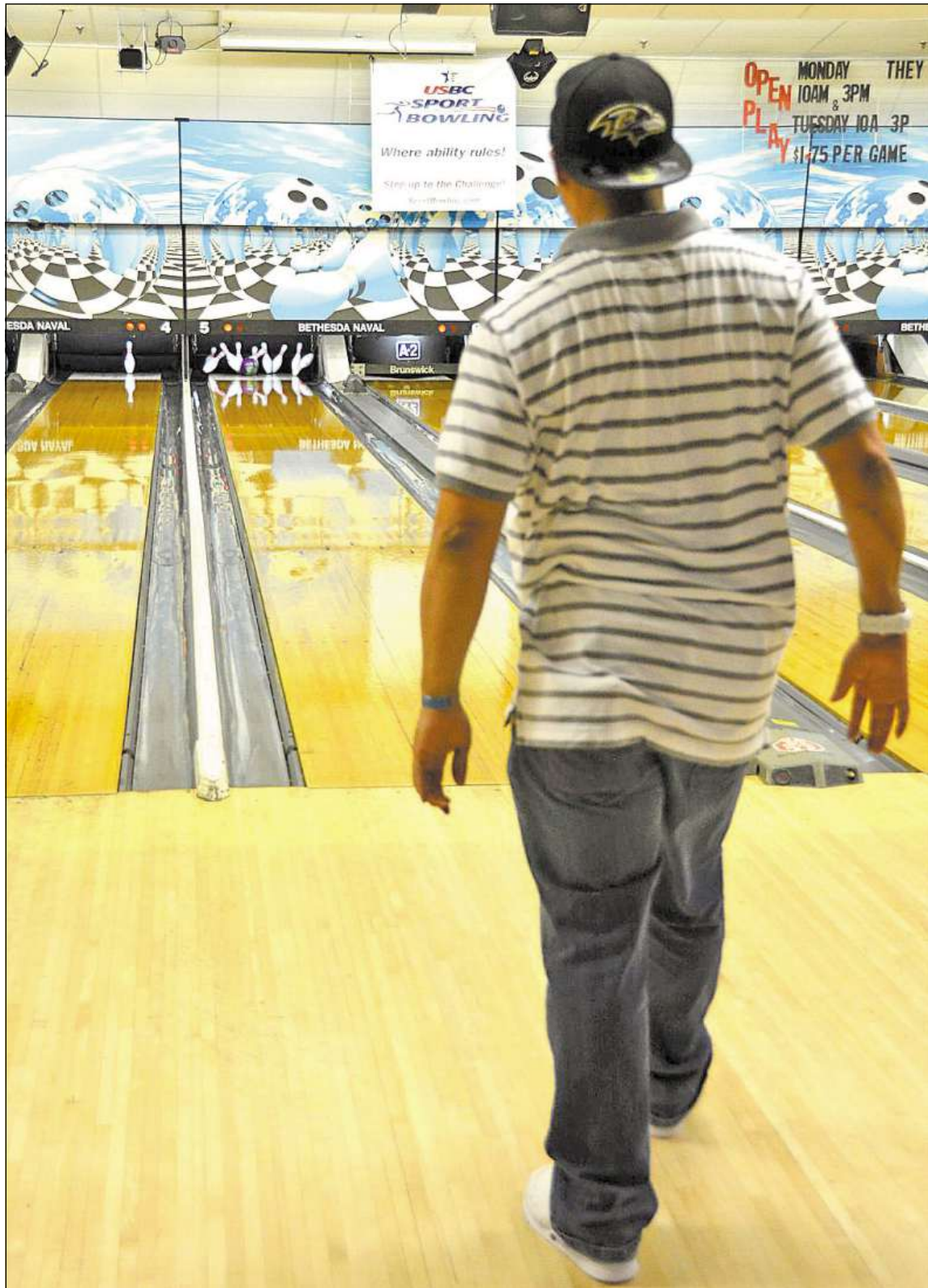
Darryl Fletcher, part of the Wounded Warrior program at NSAB, shared that he used to be a right-handed bowler before he was injured in Iraq, and had to learn to adapt his technique.

"The professionals had plenty of tips. I'm somewhat of a 'forced lefty,' so practicing is helpful and it was awesome to have them here," he said. "After three or four months, I can now get four-baggers (four strikes in a row) with my left arm."

Fletcher bowls with his recreational therapist every Monday. When he heard about the event, he helped spread the word by distributing flyers and telling other wounded Soldiers about it.

"This is my first event at the bowling center, and I definitely recommend it," he said. "This is a great morale booster for all of the wounded warriors. It's convenient, and beats having to go off post to try to find a bowling alley."

The NSAB bowling center was built in 1979, has 20 lanes and has received minor renovations over the



Photos by Mass Communication Specialist 2nd Class Nathan Parde

**Wounded Warrior Darryl Fletcher watches as his ball lands a strike. Fletcher is right-handed, but learned to bowl with his left hand after he was injured while serving in Iraq.**

years, including the new computerized scoring system, said Dysart.

The alley offers competitive rates for games and shoes, and hosts parties for special events, such as bar mitzvahs and birthday parties, he added.

Anyone with a federal employee as a sponsor can reserve the alley for special events.

For more information, contact the bowling center at 301-295-2034.





# Adaptive Sports Day Offers Opportunities, Hope for Injured Troops

By Sarah Marshall  
WRNMMC Journal  
staff writer

Wounded warriors had an opportunity to explore the numerous recreational activities available to them, during Adaptive Sports Day at Walter Reed Bethesda recently.

The event, an extension of the Military Advanced Training Center's (MATC) Adaptive Sports and Community Reintegration program, offered to patients currently in rehabilitation, is held twice a year - in the spring to showcase spring/summer sports, and in the fall to highlight fall/winter sports.

The goal is to get wounded warriors excited about other recreational activities, which they can do in addition to physical therapy, to aid in their rehabilitation, explained Harvey Naranjo, Adaptive Sports co-coordinator. It's also an opportunity to show what they can achieve, he added.

"It gives us the ability to maximize their therapy and their performance, in real-life situations and activities," Naranjo said.

More than 15 adaptive sports programs were on display, including adaptive rowing, boxing, salsa, swimming, lacrosse, mountaineering, water skiing, and martial arts. Naranjo said

the MATC's adaptive sports program offers recreational opportunities almost daily, and is constantly looking for new activities to incorporate.

"We look at the interest of our service members, and try to implement those programs," he said.

Wounded warriors are encouraged to incorporate adaptive sports into their rehabilitation, Naranjo continued. He noted several patients have gone above and beyond, participating in paralympics and national competitions.

Army Sgt. Justin Lansford is among those in recovery at Walter Reed Bethesda, who has taken adaptive sports to the next level. In the last year, since he was injured in Afghanistan, the Soldier has competed and brought home medals in a number of national indoor adaptive rowing championships.

At last week's Adaptive Sports event, Lansford explained he was assisting in an April 2012 recovery mission when an improvised explosive device (IED) blew under the rear axle of his vehicle, causing him to lose his left leg. He said early in his recovery, he knew he wanted to get back into physical activities.

"I was always competitive," Lansford said. "It was an opportunity for me to

channel a lot of that competitiveness into something I could do," he said, of discovering what adaptive sports have to offer.

In addition, adaptive sports give Lansford additional cardiovascular activities, which he said he enjoys. He continues to aim high, hoping to compete in an endurance road race in the future, he explained.

Army Specialist Tyler Jeffries also found new opportunities through the adaptive sports program at Walter Reed Bethesda. In October 2012, while serving in Afghanistan, a roadside bomb claimed both of his legs, he said. Throughout his recovery, he has had a chance to try several new activities, he said, such as adaptive kayaking, rowing, and scuba diving.

"I've always loved all kinds of water sports - anything to do with water. It's a really awesome feeling to just sit at the bottom of the water, just another sense of relaxation. It's pretty awesome," he said, describing his new found love of scuba diving.

The Soldier said he was somewhat discouraged at first, as an amputee, not knowing what his future held. Adaptive sports gave him hope, upon learning about the many opportunities in store.

"The more you put your-



file photo

**Boxing was one of the many adaptive sports on display, during Adaptive Sports Day, held May 15 at Walter Reed Bethesda. Many recreational activities are available to wounded warriors, including salsa dancing, mountaineering, lacrosse, kayaking, scuba diving, and rowing.**

self out there, and try new things, the more you realize, there is still a future for yourself. You have to think about what you can do, and take every opportunity," Jeffries said.

He expressed interest in trying boxing and running, next.

Army veteran and wounded warrior, Melissa Stockwell said she experienced similar emotions of despair, at first, after losing her left leg in Iraq nearly a decade ago. "You wonder what your life will be like," she explained.

Treated at the former Walter Reed Army Medical Center, Stockwell explained adaptive sports played an enormous part in her life and rehabilitation. She went on to become a three-time paratriathlon world champion and 2008 paralympian. Today, she is a certified prosthetist, and

trains injured service members to compete in paratriatholons, through a club she co-founded which was one of many organizations on display during Adaptive Sports Day.

"Whatever it may be, they can still be out there and be active," Stockwell said. "Whether it's playing basketball, horseback riding, or salsa dancing, it's really about being out there and being active. There are so many opportunities."

Naranjo agreed, adding it never ceases to amaze him, what wounded warriors can achieve. "I'm at the point where I don't say [an activity] can't be done. Anything is possible, as long as it's safe," he said.

For more information about the Adaptive Sports program, contact Harvey Naranjo at 301-295-8524, or Tiffany Smith at 301-295-8525.



photo by Sarah Marshall

**Adaptive Sports play a key role in the rehabilitation process for many wounded warriors at Walter Reed Bethesda. An Adaptive Sports Day was held May 15 at the medical center, to display the numerous recreational activities available to them, such as adaptive lacrosse. Pictured above, wounded warriors recently participated in an adaptive lacrosse clinic.**



# Dietetic Interns Size up Menu

## Command Prepares for Army's 238th Birthday Celebration

By David A. Dickinson  
WRNMMC Journal  
staff writer

A panel of Soldiers and civilians gathered in the Walter Reed Bethesda's temporary galley last week to sample food items, preparing for a special menu to celebrate the Army's 238th birthday on June 14.

In addition to providing their input on taste, panel members looked at the nutritional information and cost of the foods. Items included orange-glazed tilapia, parmesan crusted zucchini, roasted vegetable kebabs, rice pilaf, mashed sweet potatoes and whipped sweet potatoes.

"We tried out a few recipes and decided on changes that needed to be made," explained 1st Lt. Jameson Tade, a dietetic intern and coordinator for the meal to

be served at Walter Reed Bethesda on the Army's birthday.

"As dietetic interns, we are given a holiday or theme to create a menu, and we are in charge of organizing the purchasing and production aspects of the meal," Tade added.

Taste testers of the menu items to be served at the galley during lunch on the Army birthday, were leadership members from Nutrition Services and other dietitians at the medical center. In addition to the special meal on June 14, other activities planned for the Army birthday include a special observance during morning colors at 7:45 a.m. in front of the Tower, and a cake cutting ceremony in the Tower's rotunda at 11 a.m.

According to the U.S. Army Center of Military History, "When the American Revolu-

tion broke out, the rebellious colonies did not possess an army in the modern sense. Rather, the revolutionaries fielded an amateur force of colonial troops, cobbled together from various New England militia companies. They had no unified chain of command, and although Artemas Ward of Massachusetts exercised authority by informal agreement, officers from other colonies were not obligated to obey his orders. The American volunteers were led, equipped, armed, paid for, and supported by the colonies from which they were raised.

"In the spring of 1775, this 'army' was about to confront British troops near Boston, Mass. The revolutionaries had to re-organize their forces quickly if they were to stand a chance against Britain's seasoned professionals. Recognizing the need to en-




Photo by David A. Dickinson


**Scoring as they eat, the team of taste testers for the June 14 Army birthday meal made some tough choices with all the great food. The taste testing was held on May 23.**


list the support of all of the American seaboard colonies, the Massachusetts Provincial Congress appealed to the Second Continental Congress in Philadelphia to assume authority for the New England army."

On June 14, 1775, Congress determined to form a committee "to bring in a


See MENU page 9

  
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# AWARD

Continued from 3

looking for the reason or cause of the patient’s discomfort. I also enjoy doing respiratory therapy because I get to do inpatient care and see patients do a full recovery and be nursed back to health.”

He added it is challenging working with wounded warriors, many of whom are younger than him. “It is hard not to think that as a member of the Air Force, at any moment the person in the intensive care unit bed could be me. I remind myself that the best I can do is provide them with the best possible care because that’s what I would want from my team if it was me in the bed. I have to do [the job] the best I can because they deserve that.”

Another source of inspiration for the Airman is his sister, he said. “As a teenager, she put her life on hold to take care of me. I tell myself that if she could be so selfless and put her life on hold for me, nothing I can do [for her] would be too much. I push forward to have a better future, so I can give back just a fraction of how much of what she has given to me.”

Describing himself as “driven,” the senior airman explained on any given day he could be at Walter Reed Bethesda doing respiratory therapy from 6:30 a.m. to 6:30 p.m., or at Andrews’ Malcolm Grow Medical Clinic performing stress tests or cardiac sonograms.

# PHYSICIAN

Continued from 3

A Physician’s Personal Experience with Throat Cancer.”

Tears welled in the eyes of Dr. Zizette Makary during Brook’s Stages of Healing presentation at WRNMMC. The physician in the internal medicine department explained she was an Egyptian teenager during the Yom Kippur War and came to hear a viewpoint from “the other side.” She spent time with him after the lecture, and thanked him for presenting.

Makary said she questioned the “winning” and “victory” of war when she didn’t feel it. “It was not easy,” she explained. “I lived days, talking to my dad and mom about it, [asking] what is the country happy about?” So many families in her community lost loved ones, she said; her uncle returned from fighting in the war, crying and not speaking to anyone. “He has changed,” the physician said.

# MENU

Continued from 8

draft of rules and regulations for the government of the Army,” and voted \$2,000,000 to support the forces around Boston, and those at New York City, according to the U.S. Army Center of Military History. Also, Congress authorized the formation of 10 companies of expert riflemen from Pennsylvania, Maryland, and Virginia, which were directed to march to Boston to support the New England militia.

George Washington was appointed as commander of the Continental Army, and formally took command at Boston on July 3, 1775, according to the U.S. Army Center of Military History.

“Outside of work, my life revolves around school,” he added. “I go to school at the University of Baltimore where I am in my junior year, pursuing a bachelor’s degree in psychology. I have to drive 40 miles to and from school, so that takes a lot of my time. With the little extra time that I have left, I work out.”

The cardiopulmonary technician said being named one of the Air Force’s top medics is an honor. “I know how great other airmen in this career field are, I work with them and learn from them on a daily basis. Many of them are just as deserving of this award. I guess I earned it because I try to make myself a better Airman. Many of the things I do are meant to better the way I do my job, and to move forward in my professional life.”

He also credits his supervisors, including Master Sgt. Bonnie McKinley and Tech. Sgt. Tracy Brown, with helping him earn the award. “Without [their] help, I would not be receiving this

award. They’ve been a constant source of guidance and support since I’ve been assigned to Joint Base Andrews.”

McKinley has high praise for Rodriguez-Recio as well. “From the minute this Airman joined our section, I knew he would set the bar higher for an already motivated and outstanding duty section. He did not disappoint. He took every opportunity to learn his craft, [and] seek out and absorb every ounce of information from the medical professionals around him.”

The master sergeant said Rodriguez-Recio has thrived in a number of settings, “from working side-by-side with the cardiology team at Fort Belvoir Community Hospital, to working side-by-side with the phenomenal critical care team at WRNMMC. He has represented the Air Force with skill and professionalism beyond his grade. He continues to challenge those around him to be better than the best, and our patients deserve the best.”

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# Vehicle Decals Officially Discontinued on Navy Installations July 1

By **Jeremy K. Johnson**  
NSAB Public Affairs  
staff writer

Beginning July 1, 2013, vehicle decals will no longer be required or issued on U.S. Navy installations.

Naval Support Activity Bethesda (NSAB) does not issue decals and the change will not affect existing policies regulating vehicle access to the installation.

According to Commander, Navy Installation Command's (CNIC) website, there are multiple reasons for eliminating the decal program, but the top two are based on security risks and program cost.

Though military installations have required 100 percent identification at the gate since at least Sept. 11, 2001, decals remained as a way to verify whether vehicles on Navy installations were properly insured and registered in the appropriate state. According the CNIC site, state programs "have become more efficient and uniform" and that has reduced the need to track individual vehicle registration compliance.

Some of the problems with the program include the security risks associated with invalid decals, such



Journal file photo by Mass Communication Specialist 2nd Class Nathan Parde

**Master-at-Arms 3rd Class Ryan Adamson of Naval Support Activity Bethesda's Security Department checks a driver's ID before granting them permission to enter the installation.**

as those being moved from vehicle to vehicle, counterfeit decals, and current decals still attached to cars sold to non-DON (Department of Navy) personnel.

The CNIC site notes that "privately-owned vehicles on Navy installations will still be required to meet state and local requirements including valid insurance, vehicle safety inspections, registration, proof of

motorcycle safety training (where applicable), etc."

Other risks result from the unique identifiers the decal program uses. The separate categories makes it easy for someone with ill intentions to target military personnel or even identify where they live, said NSAB Assistant Anti-Terrorism Officer Master-at-Arms 1st Class Christopher Varga. "A decal makes you

stand out. You can tell someone's base, their rank and whether they are officer, enlisted or Department of Defense (DOD) civilians."

He added that the risk extends to family members, "If you're not the one driving your vehicle, decals may actually put your family at risk as well, since someone may think they're targeting you."

For drivers visiting bases of other military services where decals may still be required, entry may require a visitor's pass or, if visited frequently, asking whether that installation will allow the owner to register their vehicle and obtain a decal for that particular base. After the July 1 change in policy, anyone with a current decal may leave it in place until the expiration date, though this practice is discouraged as removing the decal allows a vehicle to blend in better and reduces the chance of being targeted by criminals or terrorists.

Despite the removal of the decals depicting senior officers, the active duty Sailor gate sentry will continue to render a proper salute, assuming traffic conditions and force protection conditions permit.

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Photo by Bernard S. Little

**Teams from the Air Force and Behavioral Health Services compete in the three-on-three Commander's Cup basketball competition on Tuesday in the Building 17 gymnasium.**

## COMPETITION

Continued from 1

points," Eaton said. "There is no second or third place in that event."

Eaton explained he hopes the Commander's Cup gets bigger each year.

"Last year, we only had five events; this year, we have 11. Every year will get bigger and we thank all who participate," the chief added.

"We hope everyone stays motivated."

Quartermaster 1st Class Malcolm Moses said he participated in this year's Commander's Cup for the camaraderie. "I think it's a good event, and it brings up morale on the base for the Army, Navy, Marine Corps, civilians and contractors, with everybody just getting together and having a good time. I think it works."

Army Staff Sgt. David Washington agreed. "I participated because it enhances esprit de corps, and to motivate my team," said the Soldier.





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